

TIPS FOR NEW NONSMOKERS

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) includes nicotine patches, lozenges, or gum. You will use one of these products to help you stop smoking to prevent withdrawal and cravings for cigarettes. Most people use 10 weeks of NRT to stop smoking. It is important for you to know how you will get NRT during this Cooper Clayton Class series, read about what you should below.

If you DO NOT have health insurance:

- You will receive 6 weeks of NRT free!
- You must buy the last 4 weeks of NRT over the counter at a pharmacy or grocery store (average total cost: \$50 to \$80).
- Through the Affordable Care Act, you can sign up for free or low-cost health insurance! Check out your options online at <http://kynect.ky.gov> or by calling 1-855-4kynect.

If you have health insurance:

- You can get your NRT through your health insurance provider.
- Call the member services phone number on the back of your insurance card to find out what your plan covers and what it will cost.
 - If you have Medicaid, your NRT should be free just like other prescriptions. There may be a limit on the brands and amount of NRT you can get.
 - If you have private insurance (through kynect or your employer) the cost will vary.
- Make an appointment with your healthcare provider to receive a prescription for NRT.
- OR if you have seen your healthcare provider recently, call to see if they will send a prescription for NRT to your pharmacy without needing a new appointment.
- LMPHW encourages people with health insurance to obtain NRT through this benefit in order to provide more people in Louisville with NRT.

What You Will Need:

- Most people will use 3 different strengths of nicotine patches over 10 weeks to slowly wean from the nicotine addiction: 21mg patch for 6 weeks, 14mg patch for 2 weeks, 7mg patch for 2 weeks. If you smoke fewer than 10 cigarettes a day, your program will look different – ask your healthcare provider or Cooper Clayton Class Facilitator.
- The pharmacy will allow you to pick up one strength of nicotine patch at a time and only 30 days at a time. If you use 10 weeks of nicotine patches, you will make 4 trips to the pharmacy:
 - Week 1: Get 4 weeks of 21mg patches
 - Week 4: Get 2 weeks of 21mg patches
 - Week 6: Get 2 weeks of 14mg patches
 - Week 8: Get 2 weeks of 7mg patches
- If you have Medicaid, you will pay \$0 (and no more than \$8) for each trip to the pharmacy.
- If you have private insurance, what you will pay each trip depends on your plan – probably less than \$20 per trip.

It may cost you some money to quit smoking. **But it is worth it for your health!** And you are spending far more on cigarettes than you will spend to quit. The average smoker spends more than \$100 a month on cigarettes.

Source: Family Health Centers



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and
Kentucky Cancer Program coordinate the Cooper/Clayton Method
to Stop Smoking program in collaboration with community partners.

